

Variable	Mean	SD	Min	Max
Age	30.1	5.2	18	45
Gender	Male	1.2	0	2
Marital Status	Married	1.5	0	2
Education	High School	1.0	0	2
Occupation	Unemployed	1.0	0	2
Income	Low	1.0	0	2
Health Status	Good	1.0	0	2
Stress Level	Low	1.0	0	2
Life Satisfaction	Low	1.0	0	2
Depression	Low	1.0	0	2
Loneliness	Low	1.0	0	2
Self-esteem	Low	1.0	0	2
Resilience	Low	1.0	0	2
Optimism	Low	1.0	0	2
Gratitude	Low	1.0	0	2
Forgiveness	Low	1.0	0	2
Empathy	Low	1.0	0	2
Compassion	Low	1.0	0	2
Kindness	Low	1.0	0	2
Patience	Low	1.0	0	2
Humility	Low	1.0	0	2
Modesty	Low	1.0	0	2
Generosity	Low	1.0	0	2
Generous	Low	1.0	0	2
Altruism	Low	1.0	0	2
Selfishness	Low	1.0	0	2
Envy	Low	1.0	0	2
Jealousy	Low	1.0	0	2
Anger	Low	1.0	0	2
Aggression	Low	1.0	0	2
Violence	Low	1.0	0	2
Crime	Low	1.0	0	2
Substance Use	Low	1.0	0	2
Alcohol	Low	1.0	0	2
Drugs	Low	1.0	0	2
Gambling	Low	1.0	0	2
Smoking	Low	1.0	0	2
Exercise	Low	1.0	0	2
Healthy Diet	Low	1.0	0	2
Sleep	Low	1.0	0	2
Stress Management	Low	1.0	0	2
Emotional Regulation	Low	1.0	0	2
Interpersonal Skills	Low	1.0	0	2
Communication	Low	1.0	0	2
Conflict Resolution	Low	1.0	0	2
Problem Solving	Low	1.0	0	2
Decision Making	Low	1.0	0	2
Goal Setting	Low	1.0	0	2
Time Management	Low	1.0	0	2
Organization	Low	1.0	0	2
Productivity	Low	1.0	0	2
Efficiency	Low	1.0	0	2
Quality of Life	Low	1.0	0	2
Life Satisfaction	Low	1.0	0	2
Well-being	Low	1.0	0	2
Health	Low	1.0	0	2
Longevity	Low	1.0	0	2
Success	Low	1.0	0	2
Prosperity	Low	1.0	0	2
Wealth	Low	1.0	0	2
Power	Low	1.0	0	2
Influence	Low	1.0	0	2
Reputation	Low	1.0	0	2
Image	Low	1.0	0	2
Brand	Low	1.0	0	2
Marketing	Low	1.0	0	2
Sales	Low	1.0	0	2
Profit	Low	1.0	0	2
Revenue	Low	1.0	0	2
Cost	Low	1.0	0	2
Investment	Low	1.0	0	2
Risk	Low	1.0	0	2
Uncertainty	Low	1.0	0	2
Complexity	Low	1.0	0	2
Change	Low	1.0	0	2
Innovation	Low	1.0	0	2
Technology	Low	1.0	0	2
Science	Low	1.0	0	2
Art	Low	1.0	0	2
Culture	Low	1.0	0	2
History	Low	1.0	0	2
Geography	Low	1.0	0	2
Environment	Low	1.0	0	2
Nature	Low	1.0	0	2
Weather	Low	1.0	0	2
Climate	Low	1.0	0	2
Season	Low	1.0	0	2
Month	Low	1.0	0	2
Year	Low	1.0	0	2
Decade	Low	1.0	0	2

1                    1.        Apparatus for stabilizing an epicardial surface of the heart,  
2        comprising:  
3                    a shaft; and  
4                    a foot coupled to the shaft, the foot having a first arm, a second arm, and a  
5        space between the first and second arms, the first and second arms each having a contact  
6        surface for engaging the heart, a proximal end, a distal end and a length defined between  
7        the proximal and distal ends, the length of the first arm being longer than the length of the  
8        second arm.

1           2.       The apparatus of claim 1, wherein:  
2       the first arm is at least 30% longer than the second arm.

1                    3.        The apparatus of claim 1, wherein:  
2                    the foot has a bottom surface, the bottom surface including the contact  
3 surface of the first and second arms, the contact surface generally lying in a plane, the  
4 bottom surface also having lateral surfaces which taper away from the plane.

1                    4.            Apparatus for stabilizing an epicardial surface of the heart  
2            comprising:  
3                    an arm; and  
4                    a first foot coupled to the arm, the foot having a contact surface for  
5            engaging the heart and a slot in which a vessel on the heart may be positioned, the slot  
6            being aligned with a central axis, the foot having a shape which is asymmetrical relative  
7            to the central axis.

1                    5.        The apparatus of claim 4, wherein:  
2                    the first foot has first and second arms, the first and second arms having  
3                    different shapes.

6. The apparatus of claim 4, further comprising:  
a second foot having a different shape than the first foot.

7. Apparatus for stabilizing an epicardial surface of the heart  
comprising:

3 an arm; and  
4 a foot coupled to the arm, the foot having a contact surface for engaging  
5 the heart, and a slot in which a vessel on the heart may be positioned, the slot defining an  
6 axis, wherein the foot is attached to the arm at a location offset from the axis.

1 8. The apparatus of claim 7, wherein:  
2 the foot has a lateral side; and  
3 the arm is attached to the foot along the lateral side.

1 9. Apparatus for stabilizing an epicardial surface of the heart  
2 comprising:  
3 an arm; and  
4 a foot having a contact surface for engaging the epicardial surface; and  
5 a coupling for detachably connecting the foot to the arm.

1 10. The apparatus of claim 9, further comprising:  
2 a second foot having a second contact surface for engaging the epicardial  
3 surface and, the second foot being shaped differently than the first foot, the second foot  
4 being configured for connecting to the shaft with the coupling.

1 11. The apparatus of claim 9, wherein:  
2 the first and second feet have connectors which detachably engage the  
3 arm, the connectors for the first and second feet being positioned on opposite sides.

1 12. Apparatus for stabilizing an epicardial surface of the heart  
2 comprising:  
3 an arm; and  
4 a first foot including a bottom surface having a contact surface for  
5 engaging the heart, a slot in which a vessel on the heart may be positioned, wherein at  
6 least a portion of the bottom surface is convex.

1 13. The apparatus of claim 12, wherein:  
2 the first foot is generally convex when viewed along a central axis defined  
3 by the slot.

1 14. The apparatus of claim 12, wherein:

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2 the bottom surface has lateral surfaces which taper away from the contact  
3 surface.

1 15. The apparatus of claim 14, wherein:  
2 the lateral surfaces taper away within an angle of 2-15 degrees.

1 16. The apparatus of claim 14, further comprising:  
2 a second foot which is different than the first foot;  
3 the first and second feet being detachable from the arm.

1 17. A method of performing a coronary anastomosis on a heart of a  
2 patient comprising:  
3 providing a stabilizer having a shaft and a foot, the foot having a first arm,  
4 a second arm, and a slot therebetween;  
5 accessing a coronary artery on the patient's heart;  
6 placing the foot in engagement with the heart so that the coronary artery is  
7 positioned in the slot and the first arm retracting the apex of the heart; and  
8 performing an anastomosis on the coronary artery.

1 18. The method of claim 17, wherein:  
2 the placing step is carried out with the coronary artery being an artery  
3 selected from arteries in the group consisting of the circumflex and branches of the right  
4 coronary arteries.

1 19. A method of performing coronary anastomoses on a heart of a  
2 patient comprising:  
3 providing a stabilizer system having a shaft, a first foot and a second foot;  
4 coupling the first foot to the shaft;  
5 placing the first foot in engagement with the heart so as to stabilize the  
6 surface thereof;  
7 performing an anastomosis on a first coronary artery which is stabilized by  
8 the first foot;  
9 decoupling the first foot from the shaft;  
10 coupling the second foot to the shaft;  
11 placing the second foot in engagement with the heart so as to stabilize the  
12 surface thereof; and

13 performing an anastomosis on the second coronary artery with the second  
14 foot stabilizing the second coronary artery.

1 20. A flexible arm for holding a medical instrument, comprising:  
2 a plurality of links each having a hole therethrough;  
3 an elongate element extending through the holes, wherein tensioning the  
4 elongate element locks the plurality of links in a fixed orientation; and  
5 a frictional element positioned between adjacent links, the frictional  
6 element enhancing frictional engagement between adjacent links when the elongate  
7 element is tensioned.

1 21. The flexible arm of claim 20, wherein:  
2 the frictional element is a screen.

1 22. The flexible arm of claim 21, wherein:  
2 the screen is not attached to the links.

1 23. The flexible arm of claim 21, wherein:  
2 the layer is attached to a side of the link to form a side which is harder than  
3 an other side of the link.

1 24. A device for holding a medical instrument, comprising:  
2 a flexible arm having a plurality of links;  
3 an elongate, flexible element extending through the plurality of links;  
4 a tensioning device movable between a first position and a second  
5 position, the first position tensioning the plurality of links to lock the plurality of links in  
6 a fixed position, the second position permitting the plurality of links to move relative to  
7 one another; and  
8 a body, the flexible arm being supported by the body; and  
9 a base link which is pivotable relative to the body about an axis, the base  
10 link directing the elongate element at an angle relative to the axis.

1 25. The device of claim 24, wherein:  
2 the base link directs the elongate element at an angle of 45-90 degrees  
3 relative to the axis.

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4 the actuator being coupled to the medical instrument so that actuation of  
5 the actuator permits the medical instrument to pivot relative to the flexible arm.

1 32. The device of claim 29, wherein:  
2 the actuator is biased toward the first position by a spring.

1 33. A device for stabilizing a medical device, comprising:  
2 a base;  
3 a flexible arm coupled to the base, the flexible arm having a plurality of  
4 links, the plurality of links each having a central axis, the central axis of a distal link lying  
5 on a first axis;  
6 a flexible element extending through the plurality of links;  
7 a tensioning device coupled to the flexible element; and  
8 a medical device coupled to the distal end of the arm, the medical device  
9 being pivotable relative to the flexible arm around a second axis which is offset relative to  
10 the first axis.

1 34. The device of claim 33, wherein:  
2 the first axis forms an angle of 70-110 degrees with the second axis.

1 35. A device for holding a medical instrument, comprising:  
2 an access device configured to maintain an opening in a patient;  
3 a flexible arm having a plurality of links and an elongate element  
4 extending through the links, the elongate element being tensioned to lock the arm, the  
5 flexible arm having a locking mechanism to lock the arm to the access device; and  
6 an actuator coupled to the elongate element, the actuator being movable  
7 between a first position and a second position, the arm and locking mechanism being  
8 locked in the first position and being unlocked in the second position.

1 36. The device of claim 35 further comprising:  
2 a medical instrument pivotally mounted to the arm;  
3 the actuator also being operably coupled to the medical instrument to  
4 prevent pivoting when in the first position and permitting pivoting in the second position.

1 37. A suction element for stabilizing a patient's heart, comprising:  
2 a malleable skeleton; and

3 a coating over the skeleton;  
4 the malleable skeleton having hinges formed by thinner portions of the  
5 coating, the hinges permitting distortion of the malleable skeleton.

1 38. The suction element of claim 37, wherein:  
2 the coating extends over part of the skeleton; and  
3 the hinges are formed by exposed portions of the skeleton.

1 39. A method of stabilizing a surgical site, comprising:  
2 providing a stabilizing foot having a first arm and a second arm, the first  
3 and second arms being spaced apart to form an opening therebetween, at least one of the  
4 first and second arms having a movable portion;  
5 positioning the foot in contact with the patient's heart so that a target site is  
6 between the first and second arms;  
7 moving the portion of the foot to provide retraction of a structure adjacent  
8 the target site; and  
9 holding the foot in a fixed position to stabilize the heart.

1 40. The method of claim 39, wherein:  
2 the providing step is carried out with the foot having at least one suction  
3 recess for adhering the foot to the heart, the suction recess being coupled to a suction  
4 lumen;  
5 the method further including the step of applying suction to the suction  
6 lumen to adhere the foot to the patient's heart.

1 41. The method of claim 39, wherein:  
2 the moving step is carried out after the positioning step.

1 42. The method of claim 39, wherein:  
2 the moving step is carried out before the positioning step.

1 43. The method of claim 39, wherein:  
2 the providing step is carried out with the movable portion having a hinge.

1 44. The method of claim 43, wherein:

2 the providing step is carried out with the foot having a frame and a body  
3 mounted to the frame, the hinge being formed by an integrally formed part of the frame.

1 45. The method of claim 39, wherein:  
2 the providing step is carried out with the movable portion being at a distal  
3 tip of at least one of the first and second arms.

1 46. The method of claim 45, wherein:  
2 the providing step is carried out with the movable portion being at both  
3 distal tips of the first and second arms.

1 47. The method of claim 45, wherein:  
2 the providing step is carried out with the movable portion extending at  
3 least 0.25 inch.

1 48. The method of claim 47, wherein:  
2 the providing step is carried out with the movable portion extending at  
3 least 0.50 inch.

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